



**State of Connecticut
Department of Emergency Services & Public Protection
Commission on Fire Prevention and Control**

- 1. Tip-a-Firefighter for Hamden Professional Firefighters Local 2687**
- 2. FEMA App**
- 3. Firefighter Near Miss Report of the Week**
- 4. The CT Firemen's Historical Society Museum, Manchester**
- 5. DESPP/DEMHS WebEOC V8.0 Training Classes**
- 6. National Honor Guard Academy is Coming to CT**
- 7. Q Endorsement Train-the-Trainer**
- 8. CFA Bookstore News**

1. Tip-a-Firefighter for Hamden Professional Firefighters Local 2687

Upcoming Event:

Tip-a-Firefighter at Wood N Tap in Hamden.

Tuesday, July 12th. 11:30AM-close.

A portion of each check to be donated to Hamden Professional Firefighters Local 2687.

All proceeds to benefit Local 2687 and other local charities.

2. FEMA App

With hurricane season continuing through November 30, the FEMA app is an essential tool to help your family weather the storm, nationwide.

Receive weather alerts from the National Weather Service for up to five different locations anywhere in the U.S. Learn what to do before, during and after emergencies with safety tips. Share disaster damage photos on a verified photo-sharing platform. Prepare ahead of time with an emergency kit checklist and safety reminders. Get directions to open shelters and where to talk to FEMA in person.

Nearly half a million Americans already have the FEMA app. Be prepared and download free on the [App Store](#) and [Google Play](#).

3. Firefighter Near Miss Report of the Week

Medical Screening Saves Life at Training

SUMMARY

This week's report underscores the importance of taking medical screening and rehab seriously during emergencies and training. Anytime we expose crews to the physical demands of our profession, it's imperative that we monitor their physiological responses to the stresses they face and take actions to ensure we all go home safely. This concept is equally important during both live burns and strenuous training exercises.

EVENT DESCRIPTION

I was the instructor in charge of a live-fire training class at a facility that has a gas field for scenarios. We were following NFPA 1401 and 1403 for live-fire operations for our drills. Before starting the scenario, we began a stringent firefighter vitals-screening check in accordance with NFPA 1401 and 1403. After the vitals were taken, we did a walkthrough of where the operations were being performed and discussed how they would be conducted.

After a successful first evolution, the second entry team began their evolution. About three minutes into this evolution, one of the firefighters walked out of the hot zone, stating he didn't have a good face mask seal.

We helped him remove his gear and got him to sit down in our rehab area. After a couple of minutes, the safety officer asked him how he was feeling. He stated he was OK, saying, "I just need to catch my breath."

We allowed him to rest for another five minutes while taking his vitals and giving him water. At this point, he was acting like any other firefighter would in his position: macho. He was telling us he was OK and that he was just tired. However, the rehab sector officer decided it was more than just being tired, and he began following our local firefighter rehab protocol.

While taking the firefighter's pulse a second time, he noticed an irregular heartbeat that the firefighter said he didn't have previously. At this point, the firefighter was still denying anything was wrong with him. We initiated ALS procedures and put him on an EKG monitor, which showed that he had a heart rate of 120 with over 20 PVCs a minute scattered throughout his EKG. At this, we called for a transport unit to take the firefighter to the local hospital for further evaluation.

The firefighter was still in denial and was trying to sign a refusal of care, stating that he would go tomorrow and get checked by his primary physician. We stuck to our guns and kept insisting on how serious his condition could be and his need for medical attention. After another 15 minutes of arguing, the firefighter went to the hospital via rescue.

After one day in the hospital, he had an emergency stent put into his heart due to severe clogging of his arteries. Without our persistence in making sure this firefighter got further medical evaluation, he would have had a heart attack and possibly died.

[View the report: Life Threatening Problem Found during Rehab](#)

TAKE-AWAYS

Rehab must be performed following any fire or training scene where strenuous activity is involved.

Monitoring vital signs is an important component of rehab to ensure our bodies are recovering adequately from the physical demands we encounter. If these actions hadn't been diligently conducted in this scenario, we could very well be reading a line-of-duty death report on this very same event.

Heart attacks have been the number one cause of LODDs in recent years. According to a recent NFPA LODD report, 51% of LODDs in 2014 were due to sudden cardiac death. Carbon monoxide and hydrogen cyanide given off at structure fires have been shown to be hazardous to our hearts as well. Strenuous work, extreme heat, dehydration, interrupted sleep patterns and being out of shape or overweight add additional stresses to our bodies, compounding the risk of cardiovascular disease.

Firefighters must be relentless in knowing their bodies' limitations and not be ashamed to stop activities when abnormal symptoms are present. There is no shame in receiving medical care when needed.

DISCUSSION

- Discuss your agency's firefighter rehab policies, procedures or guidelines. Is medical monitoring included in this document?
- Do personnel assigned to rehab have the authority to remove a firefighter from action and require him to seek medical attention, despite differences in rank?
- What resources are available through your agency to assist you and your coworkers in achieving and maintaining cardiovascular health?
- What other steps can be taken before, during and after an emergency response to mitigate cardiac-risk factors?

LEADING PRACTICES

There are a number of things that can be done to reduce the many risks firefighters face in the course of their jobs. The IAFC and IAFF have both conducted extensive research that can help your department set up or improve your current plan. Emergency scene rehab is an important component in keeping our people safe and allowing for a rest and recovery period.

Rehab is much more than taking a break and sipping some water. Medical monitoring is a key factor to ensure our minds don't overpower what our bodies are telling us. Using vital signs such as blood pressure and pulse rates is paramount to making sure we truly are ready to return to work. With advances in medical monitoring being able to measure carbon monoxide and carbon dioxide levels in the body, we're now able to recognize potential silent killers.

Rehab occurs both during and after an event, but it's important that we prepare well before an event occurs. For additional guidance, fire department members should consult NFPA 1584: Establishing a Firefighter Rehabilitation Policy, as well as NFPA 1582: Standard on Comprehensive Medical Programs for Fire Department and NFPA 1583: Standard on Health-Related Fitness Programs for Fire Fighters.

Resources are also available through the Fire Service Joint Labor Management Wellness/Fitness Initiative sponsored by the IAFF and the IAFC.

Ensuring we're physically fit and eating a healthy diet is an important start we can each take. Annual physicals may help identify potential risks before they become serious threats. Failure to address these issues may create needless risk to ourselves, our crews, and the citizens we are sworn to protect.

RELATED NEAR MISS REPORTS

- [Firefighter Suffers Medical Incident During Fire](#)
- [First Responder Wakes Up in Hospital](#)
- [Rehab is still important during training](#)

ADDITIONAL RESOURCES

- [Firefighter Rehab: An Introduction to NFPA 1584 \(PDF\)](#)
- [FSTAR Search: Rehab Studies](#)
- [IAFF Emergency Incident Rehabilitation Program](#)
- [Firefighter Fatalities in the United States-2015 \(PDF\)](#)

[NIOSH Alert: Preventing Fire Fighter Fatalities Due to Heart Attacks and Other Sudden Cardiovascular Events \(PDF\)](#)

4. The CT Firemen's Historical Society Museum, Manchester

The CT Firemen's Historical Society was formed in 1971 to preserve and eventually display fire memorabilia and antique fire apparatus. Such items were collected and stored in various locations for many years. In late 1980, the Society was able to obtain a vacant 1901 firehouse in Manchester that had been closed for approximately 20 years and had been used by the Town of Manchester for storage. They subsequently signed a 99 year lease with Manchester, made major improvements to the interior and now have a variety of fire memorabilia and apparatus on display. This includes hand pumped apparatus, a 1862 hand pulled steamer, 1800's parade hose reels, a restored 1911 Hartford water tower, and a previously restored Manchester 1921 Ahrens Fox pumper. And this spring they placed on display on the apparatus floor a Manchester 1911 Seagrave pumper that was acquired from a collector in Georgia approximately 4 years ago and was completely restored by the diligent effort of board member Bill McInerney, a retired Middletown firefighter. Some of the permanent displays include helmets, speaking trumpets, buckets, lanterns, framed badge cases, paintings and photographs of CT's early fire service, and a restored 1907 Gamewell Fire Alarm Room, original to this firehouse.

The museum is located in the Cheney Historical District at 230 Pine Street, Manchester, CT. and is open 12:00 PM to 4:00 PM Friday and Saturday from the 2nd Saturday in April thru the 2nd Saturday in November. Group tours may be arranged at other times by calling Leonard Luzusky, Museum Manager at 8609-338-3192.

Come visit and enjoy the displays. Located a short distance from exit 2 of I-384.

5. DESPP/DEMHS WebEOC V8.0 Training Classes

DESPP/DEMHS is conducting multiple WebEOC V8.0 Training classes during the month of June. This version of WebEOC includes the launch of new and improved boards, completely changing the boards you have been used to. A new sign in procedure will also be implemented. WebEOC V8.0 is expected to go live

the beginning of July. Several classes this month have already been held. Be advised that the nights and Saturday classes must have 20 students in order for us to hold the class. Below is a listing of the next available classes. As the training will be done on the State intranet, **NO walkins are allowed**. Registration is done thru the DEMHS Training Calendar at www.ct.gov/DEMHS. Contact person is Robert Scata and his contact info is Robert.scata@ct.gov or 860-256-0894.

- June 25, 2016, 8:00 a.m. - 12:00 p.m., Brainard Airport (Saturday)
- June 28, 2016, 8:30 a.m. - 12:30 p.m., Brainard Airport
- June 28, 2016, 5:00 p.m. - 9:00 p.m., Brainard Airport (Night)

6. National Honor Guard Academy is Coming to CT

The NHGA is one of the premier honor guard training units in the country. This week long course is dedicated to developing and elevating the ceremonial knowledge and skill level of honor guard units while reinforcing a sense of pride and compassion by upholding honor guard traditions with precise attention to detail. The NHGA specializes in providing honor guard training to firefighters, police officers, and EMS personnel.

See attached for more information

7. Q Endorsement Train-the-Trainer

The Norwalk Fire Department is hosting four Q Endorsement Train-the-Trainer classes. Dates are July 6, 7, 8, and 9 from 0900 to 1200 at Norwalk Fire HQ. Registration is limited to 10 each day. Email Ken Hanks at ken.hanks@ct.gov to register. There is no cost for this class.

The program will incorporate an overview of the Q Endorsement instructional program and a review of the static course testing. Instructional materials for the local delivery of the class will be available and handed-off. Completion of these or a previous Q Endorsement Train the Trainer program is required for eligibility to serve as a DMV Commissioner's Designee for testing purposes.

8. CFA Bookstore News

It's that time of year again. We are off to the 2016 New England Fire Chief's Show at Foxwoods. The Connecticut Fire Academy will be in Booths # 908 & 909, which are situated in the lobby. Please stop by and say hello!!! **The bookstore will be closed on Thursday, June 23rd, Friday, June 24th and Saturday, June 25th.**

See you at the show!
Thanks, Pam & Karen

PLEASE DO NOT REPLY TO THIS EMAIL